

NOVEMBER 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

ALL PROGRAMS ARE SUBJECT TO CHANGE



1
9:30 Ball Toss AR
10:15 Let's Get Physical AR
2:00 Drama Club L
2:00 Grace & Frankie
3:00 News & Views Priscilla Lobby
4:00 Yoga AR

2
10:15 Balance Coordination AR
1:30 Rosary MR
2:00 Chamber Music Performance AR



3
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Tai- Chi AR
4:00 Yoga AR



4
10:15 Exercise Nikkie AR
2:00 Movie Matinee AR
3:00 Catholic Mass MR



5
9:45 Communion MR
10:15 Exercise Noemi AR
2:00 Belly Dance Extravaganza AR



6
9:30 Ball Toss AR
10:15 Cardio Blast AR
11:00 Get To Know Your Body AR
2:00 Music & Movement AR
3:00 Spanish Club Noemi L

7
10:15 Balance Coordination AR
2:00 Thanksgiving Blessings AR



8
9:30 Ball Toss AR
10:15 Let's Get Physical AR
2:00 Drama Club L
2:00 Grace & Frankie
3:00 News & Views Priscilla Lobby
4:00 Yoga AR

9
10:15 Balance Coordination AR
1:30 Rosary MR
2:00 Line Dancing w/ David AR



10
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Reuben Wilson Jazz Quartet AR
4:00 Yoga AR

11
10:15 Zumba w/Frances AR
2:00 N.Y.Cares Variety Day AR
3:00 Catholic Mass MR



12
9:45 Communion MR
10:15 Exercise Noemi AR
2:00 Young Talented Youth Performance AR



13
9:30 Ball Toss AR
10:15 Cardio Blast AR
11:00 Get To Know Your Body AR
2:00 Facercise AR
3:00 Spanish Club Noemi L

14
10:15 Balance Coordination AR
2:00 Outreach Singers
3:00 Let's Write Poetry w/ Carmella L
3:00 Piano Tunes w/ Larry AR



15
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Grace & Frankie
3:00 News & Views Priscilla Lobby
4:00 Yoga AR

16
10:15 Balance Coordination AR
1:30 Rosary MR
2:00 Ice Cream Floats AR



17
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Classical Music Performance AR
4:00 Yoga AR

18
10:15 Exercise Nikkie AR
2:00 Movie Matinee AR
3:00 Catholic Mass MR



19
9:45 Communion MR
10:15 Exercise Noemi AR
2:00 Cherub Improv AR



20
9:30 Ball Toss AR
10:15 Cardio Blast AR
11:00 Get To Know Your Body AR
2:00 Crafts & Crochet w/ Carmen & Julia L
3:00 Spanish Club Noemi

21
10:15 Balance Coordination AR
2:00 Autobiography Dr. Eve



22
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Danielle Hendrix
3:00 News & Views Priscilla Lobby
4:00 Yoga AR

23 THANKSGIVING
10:15 Balance Coordination AR
1:30 Rosary MR
2:00 Thanksgiving Entertainment AR



24
9:30 Ball Toss AR
10:15 Let's Get Physical AR
11:00 Get To Know Your Body AR
2:00 Tai- Chi AR
4:00 Yoga AR



25
10:15 Exercise Nikkie AR
2:00 Gospel Singing W/ Jerry & Eva AR
3:00 Catholic Mass MR



26
9:45 Communion MR
10:15 Exercise Noemi AR
2:00 Bingo AR



27
9:30 Ball Toss AR
10:15 Cardio Blast AR
11:00 Get To Know Your Body AR
2:00 Healthy Snacks With David AR
3:00 Spanish Club Noemi L

28
10:15 Balance Coordination AR
2:00 Resident Council Meeting AR



29
9:30 Ball Toss AR
10:15 Let's Get Physical AR
2:00 Book Club L
2:00 Danielle Hendrix
3:00 News & Views Priscilla Lobby
4:00 Yoga AR

30
10:15 Balance Coordination AR
1:30 Rosary MR
2:00 Birthday Party AR



TRIPS EVERY WEDNESDAY



AR - ACTIVITY ROOM

L - LIBRARY

M- MEDITATION ROOM